

**BODYWORX**



**Motorised  
Treadmill  
Model No:  
J1325CAQ**



**Retain this owner's manual for future reference  
Read and follow all instructions in this owner's manual**

**Version A**

## **Thank you**

Thank you for purchasing this product. This product will help you exercise your muscles in the correct way and improve your fitness – and all this in a familiar environment.

## **Implied Warranty**

The importer of this machine assures that this device was manufactured from high quality materials.

Prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and/or incorrect transportation can render the warranty void.

The implied warranty is for 1 year beginning with the date of purchase. If the device you acquired is defective, please contact our Customer Service (Inset page) within the guarantee period of 12 months as of purchase date. The warranty applies to the following parts (as far as included in the scope of delivery): Frame, cable, electronic devices, foam, and wheels.

The guarantee does not cover:

1. Damage affected by outer force
2. Intervention by unauthorised parties
3. Incorrect handling of the product
4. Non-compliance of the operating instructions

Wear parts and expendable items are also not covered (such as the running belt) .

This device is only intended for private use. The warranty does not apply to professional usage.

Spare parts can be ordered from Customer Services (Inset page) as needed.

Please make sure you have the following information on hand when ordering spare parts:

1. Operating instructions
2. Model number (located on the cover sheet of these instructions)
3. Description of attachments
4. Attachment number
5. Proof of purchase with purchase date

Please do not send the device to our firm without being requested to do so by our Service team. The costs of unsolicited shipments will be borne by the sender.

### **General Safety Instructions**

A great deal of emphasis was placed on safety in the design and manufacture of this fitness device. Yet, it is very important that you strictly adhere to the following safety instructions. We cannot be held liable for accidents that were caused due to disregard.

To ensure your safety and to avoid accidents, please read through the operating instructions thoroughly and attentively before you use the sports device for the first time.

- 1) Consult your GP before starting to exercise on this device. Should you want to exercise regularly and intensively, the approval of your GP would be advisable. This is especially true for users with health problems.
- 2) We recommend that handicapped people should only use this device when qualified care is present.
- 3) When using this fitness device, wear comfortable clothing and preferably sports or aerobic shoes. Avoid wearing loose clothing that could get caught in the moving parts of this device.
- 4) Stop exercising immediately should you feel unwell or if you feel pain in your joints or muscles. In particular, keep an eye on how your body is responding to the exercise program. Dizziness is a sign that you are exercising too intensively with the device. At the first signs of dizziness, lay down on the ground until you feel better.
- 5) Ensure there are no children nearby when you are exercising on this device. In addition, the device should be stowed in a place that children or house pets cannot reach.
- 6) Ensure that only one person at a time uses this fitness device.
- 7) After the sports device has been set up according to operating instructions, make

sure all screws, bolts and nuts are correctly fitted and tightened. Use only attachments recommended and/or supplied by the importer.

- 8) Do not use a device that is damaged or unserviceable.
- 9) Always place this device on a smooth, clean and sturdy surface. Never use near water and make sure there are no pointed objects in the direct vicinity of the fitness device. If necessary, place a protective mat (not included in scope of delivery) to protect your floor underneath the device and keep a free space of at least 0.5 m around the device for safety reasons.
- 10) Take care not to put your arms and legs near moving parts. Do not place any material in openings in the device.
- 11) Use the device only for the purposes described in these operating instructions. Use only attachments recommended by the manufacturer.
- 12) If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly persons in order to avoid a hazard.

### **Special Safety Precautions**

- **Power source:**
- Choose a place in reach of a socket when placing the treadmill.
- Always connect the appliance to a socket with a grounded circuit and no other appliances connected to it. It is recommended not to use any extension cords.
- A faulty grounding of the appliance can cause the risk of electrical shocks. Ask a qualified electrician to check the socket in case you do not know if the appliance is grounded appropriately. Do not modify the plug provided with the appliance if it is not compatible with your socket. Ask a qualified electrician to install a suitable socket.
- Sudden voltage fluctuations can seriously damage to the treadmill. Weather changes or switching on and off other appliances can cause peak voltages, over-voltage or interference voltage. To limit the danger of damage to the treadmill, it should be equipped with an over-voltage protective device (not included).

- Keep the power cord away from the carrying roller. Do not leave the power cord below the striding belt. Do not use the treadmill with a damaged or worn out power cord.
- Unplug before cleaning or engaging in maintenance work. Maintenance should only be done by authorized service technicians, unless otherwise stated by the manufacturer. Ignoring those instructions would automatically void the warranty.
- Inspect the treadmill before every use to make sure that every part is operational.
- Do not use the treadmill outdoors, in a garage or under any kind of canopy. Do not expose the treadmill to high humidity or direct sunlight.
- Never leave the treadmill unattended.

Make sure the striding belt is always tense. Start the striding belt before stepping on it.

## **Assembly**

- Before starting with the assembly of this fitness device, carefully read through the set up steps as of page 7. We also recommend that you view the assembly drawing prior to assembly.
- Remove all packaging material and place the individual parts on a free surface. This will provide you with an overview and will simplify assembly.
- Please consider that there is always the risk of injury when using tools and carrying out technical activities. Please proceed with care when assembling the device.
- Make sure you have a hazard-free working environment and do not, for example, leave tools lying around. Deposit the packaging material in such a way that it does not pose a danger. Foil/plastic bags are a potential risk of suffocation for children!
- Take your time when viewing the drawings and then assemble the device according to the series of illustrations.
- The device must be carefully assembled by an adult person. If necessary, request aid from another technically talented person.

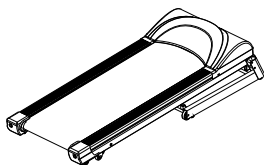
**Unpacking & Assembly**

**WARNING!:** Use extreme caution when assembling this treadmill. Failure to do so could result in injury.

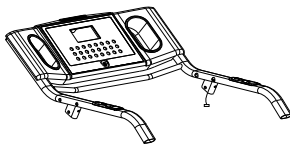
**NOTE:** Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

**UNPACK AND VERIFY THE CONTENTS OF THE BOX:**

- Lift up and remove the box that surrounds the Treadmill.
- Check the following items are present. If any of the parts are missing, contact with the dealer.



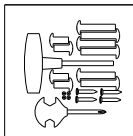
Main body



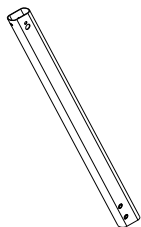
Console



Manual



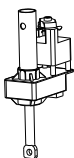
Hardware kit



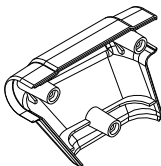
left stand post



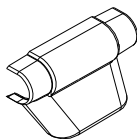
Lubricant for running deck



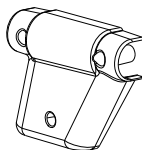
incline motor



right handle bar cover



Left handle bar cover

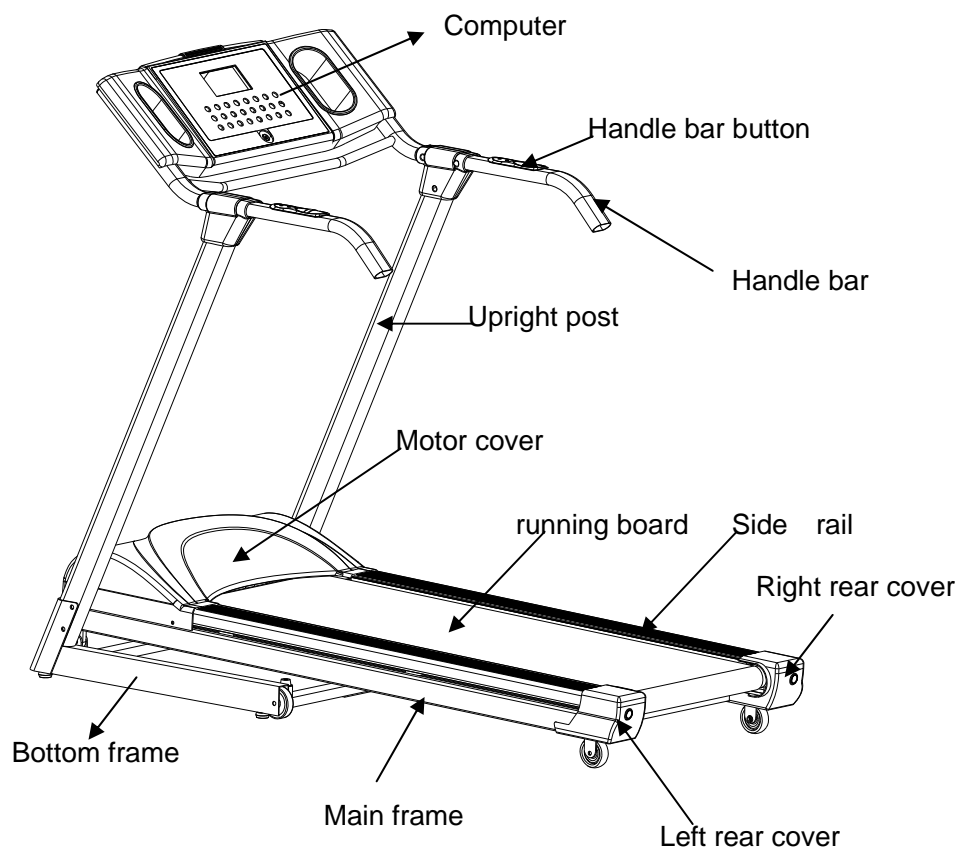


right handle bar cover



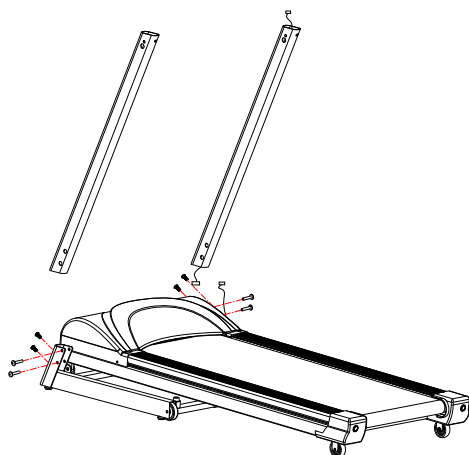
Left handle bar cover

# Treadmill Instruction

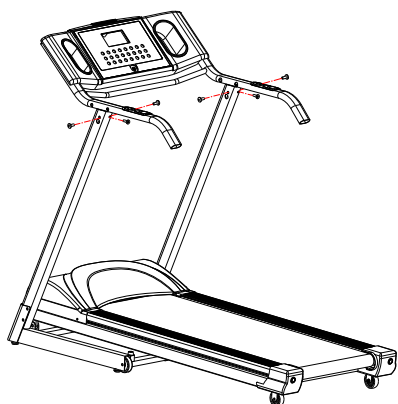


# ASSEMBLY INSTRUCTIONS

**Step 1:** Take the machine from the package, put on the level floor. Use 4pcs M8\*45 and 4pcs of M8\*15 screws to fix the stand post (Left and right) to the base frame (before assembling the left stand post, please connect the signal wire which is between the base frame and stand post).

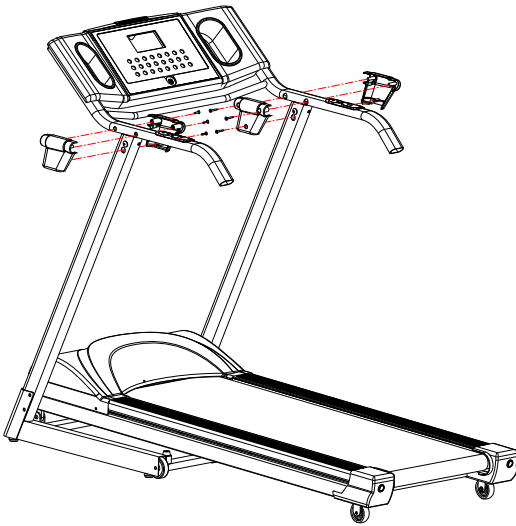


**Step 2:** Put the computer on the upright post, and then securely connect the signal wire between the computer and the upright post. Afterwards, use the M8\*10 to fix the computer onto the upright post.





**Step 3:** Put the handle bar cover on the handle bar and use the ST4\*15 to fix it.



**Step 4:** Fix the screw well.



## **SETTING UP YOUR TREADMILL**

### **PLACEMENT IN YOUR HOME**

To make exercise a desirable daily activity for you, the treadmill should be placed in a comfortable and convenient setting. This treadmill is designed to use minimal floor space.

- Do not place the treadmill outdoors.
- Do not place the treadmill near water or in high moisture environment.
- Make sure the power cord is not in the path of heavy traffic.
- If your room is carpeted, check the clearance level to make sure there is enough space between the carpet fiber and the treadmill deck. If you are uncertain, it is best to place a mat beneath your treadmill.
- Place the treadmill at least 4 feet from walls or furniture.
- Allow a safety area of 2m x 1m behind the treadmill so that you can easily get on and off the treadmill without being trapped during an emergency.

Occasionally after extended use you will find a fine black dust below your treadmill. This is normal wear and DOES NOT mean there is anything wrong with your treadmill. This dust can easily be removed with a vacuum cleaner. If you wish to prevent this dust from getting on your floor or carpet, place a mat beneath your treadmill.

## USE DEDICATED CIRCUIT

The outlet selected should be a dedicated circuit. It is particularly important that NO sensitive electrical equipment such as a computer or television (TV), share the same circuit.

### **CAUTION!**

Make sure the running deck is level to the ground. If the deck is positioned on uneven surface, it could cause premature damage to the electronic system.

Read this manual before operating this treadmill.

## GETTING STARTED

### TURN POWER ON

The On/Off switch for the treadmill is located next to the power supply cord at the back of the motor cover. Flip this switch to the “ON” position.

## **SAFETY TETHER KEY AND CLIP**

The safety key is designed to cut the main power to the treadmill should you fall. Therefore, the safety key is designed to bring the treadmill to an immediate stop. At high speeds, it may be uncomfortable and somewhat dangerous to come to a complete stop immediately. So, use the safety key as an emergency only. To bring the treadmill to a complete stop safely and comfortably, use the red colored stop button.

Your treadmill will not start unless the safety key is properly inserted into the key holder in the middle of the console. The other end of the safety key should be securely clipped to your clothing so that in the case that you fall, you will pull the safety key from the console, which will stop the treadmill immediately to minimize injury. For your safety, never use the treadmill without securing the safety key clipped to your clothing. Pull on the safety key clip to ensure that it will not come off your clothing.

## **GETTING ON AND OFF THE TREADMILL**

Handle with care when getting on or off the treadmill. Try to use the handlebars while getting on or off. While you are preparing to use the treadmill, do not stand on the running belt. Straddle the running belt by placing your feet on both side rails of the treadmill deck. Place your foot on the belt only after the belt has begun to move at a consistent slow speed.

During exercise, keep your body and head facing forward at all times. Never attempt to turn around on the treadmill when the running belt is still moving. When you have finished exercising, stop the treadmill by pressing the red colored stop button. Wait until the treadmill comes to a complete stop before attempting to get off the treadmill.

### **WARNING!**

Never use this treadmill without first securing the safety tether clip to our clothing.

### **CAUTION!**

For your safety, step onto the belt when the speed is no more than 3km/h.

## FOLDING THE TREADMILL

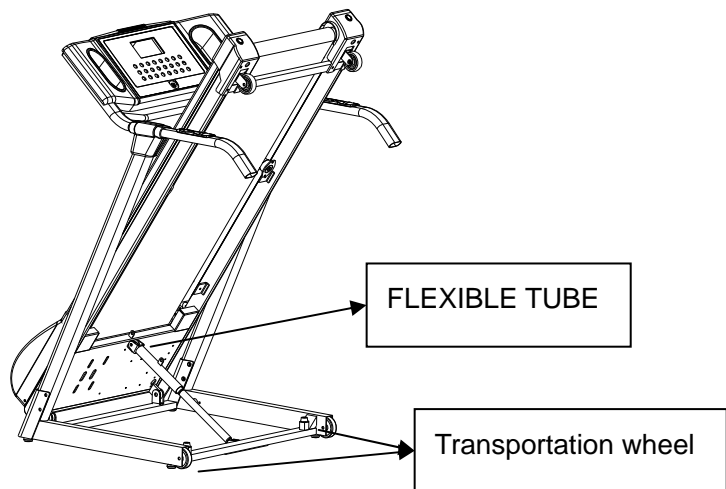
1. Restore the incline to the flat (0) position
2. Unplug from the power point before folding
3. Lift deck until it's parallel to the upright post and cylinder locks into position
4. **Caution:** check to ensure cylinder locking device has engaged

## UNFOLDING THE TREADMILL

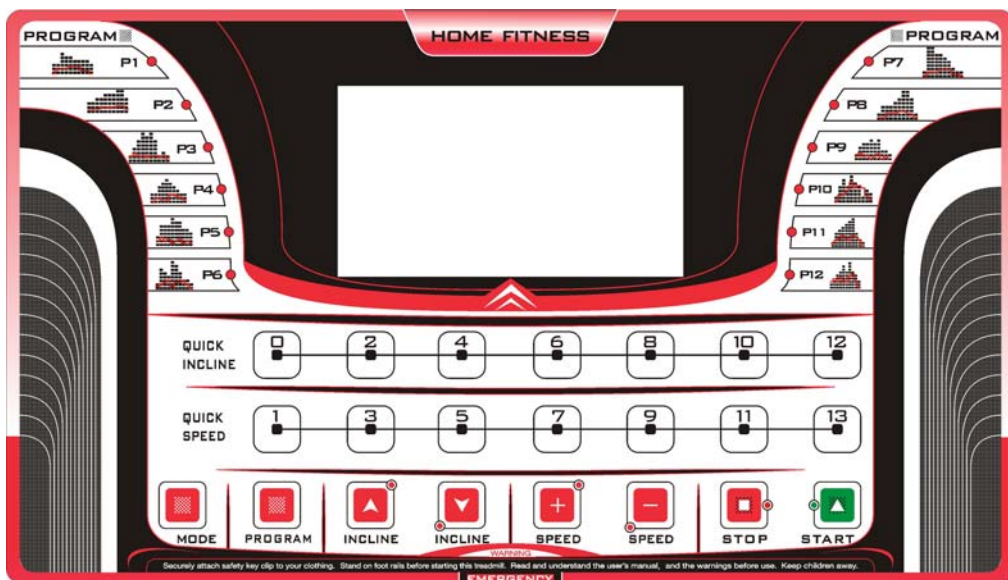
1. Place one hand on handle bar, use the other hand to push the top of the running deck forward
2. Press one foot on the middle section of the cylinder to disengage the locking mechanism
3. Allow the deck to begin slowly dropping before releasing hands

## MOVING THE TREADMILL

The treadmill can be moved around in the house safely in its fold-up position by using the transport wheels. Firmly hold onto the handle bars with both hands, pull the treadmill towards you with the incline 30-40 degrees until it's portable on its wheels; then drag or push slowly.



## KEY DEFINITION



(I): Window Instruction:

- 1.1: MANUAL: USER training program, there are 12 programs, P1-P12. FAT is the body fat test function.
- 1.2: LCD display window: display the 12 programs number and the handle bar key operation number.
- 1.3: Speed Range: 1.0 - 16.0 km/h
- 1.4: Heart rate range: 40 - 199 BPM

(II): LCD display window instruction:

- 2.1: "DISTANCE" display window: display the distance numerical value and the value when under the body fat test program.
- 2.2: "CALORIES" display window: Display the calories numerical value, the value when under the body fat test program and the BMI value.
- 2.3: "TIME" display window: Display the time numerical value .when the treadmill is powered on, the time display window display 5-4-3-2-1 countdown.
- 2.4: "PULSE" display window: Display the heart rate numerical value when you are testing the heart rate, the pulse window will blink.
- 2.5: "SPEED" display window: Display the speed numerical value.

(III): Button Key instruction:

- 3.1: "PROG": program select key: when the treadmill is stopped, cycle select the program manual, P1-P12 and FAT function you prefer.
- 3.2: "MODE": mode select key, when the treadmill is stopped, set the Mode you prefer. You can select the Time countdown → distance countdown → calories countdown → time counting circularly.
- 3.3: "START" key: when the treadmill is stopped, press the START key to turn on the treadmill,
- 3.4: "STOP" key, when the treadmill is running stop the treadmill by pressing the STOP key. When the LCD window show the ERR message, press the stop key to clear the error message.
- 3.5: "SPEED + "KEY: increases the speed you want by pressing this key.
- 3.6: "SPEED – "KEY: decreases the speed you want by pressing this key.
- 3.7: "QUICK SPEED" key: 1km/h, 3km/h, 5km/h, 7km/h, 9km/h, 11km/h, 13km/h, 7 quick speed keys when the treadmill is running, select the speed you want by pressing the quick speed key.
- 3.8: "QUICK incline" key : 0, 2, 4, 6, 8, 10, 12, 7 quick incline key, when the treadmill is running, select the incline you want by pressing the quick incline key.

(IV): Safety key function:

In any state, pull-out safety locks, window displays: "-----" and sound buzzer BIBI-BI. Then secure the safety lock well, and then all shows that the full light for 2 seconds, then goes to manual start mode (the equivalent of clearing reset).

(V): Program Instruction:

- A: 1 Manual program (Normal mode, Time countdown mode, Distance Countdown mode, and Calories Countdown mode).
- B: 12 programs: →P1→P2→P3→P4→P5→P6→P7→P8→P9→P10→P11→P12
- C: 1 body fat function program.

(VI): Start instruction:

- A: Put the safety key on the correct position, then turn on the power, the LCD window light is shining, and sound "beer", the treadmill enter in to the manual Normal Mode .

B: Press the start key, the speed window will display 5→4→3→2→1, and then the treadmill will run.

(VII): Manual Mode instruction:

A: How to enter into the Manual Mode?

- ①: Turn on the power, will enter into the Normal manual Mode directly.
- ②: In any state, removed the safety, once again put on the safety key, then will enter into the manual mode directly, the speed window displays “-----“, and sound “beep”.
- ③: When the treadmill stops, press the Program key and it will enter into the Normal mode of the Manual mode.

B: How to operate the Manual mode?

- 1: Press the Start key, the treadmill is going to be run, the original speed value is 1.0km/h.
- 2: Press the speed + and speed – to adjust the speed you want.
- 3: Press the incline + and incline – to adjust the incline you want.
- 4: Press the Stop key, the speed of the treadmill is going to be slowly until stopped.
- 5: Press the quick speed key to adjust the speed you want directly.
- 6: Press the quick incline key to adjust the incline you want directly.
- 7: Take out the safety key, the motor will stopped to run, and the window will display “----“, and sounds “bi-bi-b”, then put well the safety key on again, the treadmill will enter in to the Manual Normal Mode.
- 8: When the setting time is decreased progressively to Zero, the speed will slowly drop until stopped and the treadmill will sound off with an alarm 5 times. The middle window will display the settled time, then press the “Start“ key; the speed will increase from 1.0km/h to the desired speed which is on the speed display window.
- 9: When the setting distance is decreased progressively to Zero, the speed will slowly drop until stopped and the treadmill will sound off with an alarm 5 times. The middle window will display the settled distance.
- 10: When the setting Calorie is decreased progressively to Zero, the speed will slowly drop until stopped and the treadmill will sound off with an alarm 5 times. The middle window will display the settled distance.

(VIII): Program Mode:

- 1: When the Initialization Time is 30:00 minutes at the beginning, press the speed + and Speed – key to adjust the time you want.
- 2: Press the “Start” key the motor start to run, the speed will be comply with the setting speed.
- 3: Press the speed + and speed- key to adjust the speed want.
- 4: Press the incline + and incline - key to adjust the incline want.
- 5: Press the quick speed key to adjust the speed you want directly.
- 6: Press the quick incline key to adjust the incline you want directly.
- 7: There are 10 numbers of Segments for each program; the setting time for each program is 1/10.
- 8: The Conversion between the segment and the segment will advance 3 seconds and the second tweet.
- 9: Press the “Stop” key, the motor will be stopped gradually.
- 10: Press the “Start” key, the motor will be run, and the Initialization speed is start from 1.0km/h, and increased progressively to the speed which showed on the speed window.
- 11: The setting time range is 5:00 - 99:00.
- 12: When the setting time is decreased progressively to the Zero, the speed will be abated until stopped and an alarm will sound off 5 times. The middle display window will display the time. Press the “start” key again and the speed will start from 1.0km/h, and increased progressively until the speed which on the window showed is reached. The time is calculating, each speed of the program is setting on to 99:00, and will be run each 30:00 minutes.

(IX): Auto Power-Off instruction:

- ①: When the treadmill stops 10 minutes without any key interaction, it will go into the shutdown state.
- ②: When the treadmill goes into sleep mode, press any key to wake up the computer.



(X): Body fat function instruction:

- ①: Stop the treadmill, press the program button to select the body fat test program, enter the body fat testing.
- ②: The Distance window display the setting data, select the body fat test program by pressing the Mode key.
- ③: Enter into the body fat test functions, the distance window displays: F1, enter the gender, window show 01 indicates male, by pressing the speed plus or minus key to select input: 01 (men), 02 (female).
- ④: Press the mode key, the distance window displays: F2, enter into the age setting, CALORIES window show 25 (years old), by pressing the speed plus or minus button to adjust the age you are (setting range: (1 - 99 years).
- ⑤: Press the mode key, the distance window displays: F3, enter into the Height setting, CALORIES window show 170cm, by pressing the speed plus or minus button to adjust the Height you are (setting range: (100 - 200 cm).
- ⑥: Press the mode key, the distance window displays: F4, enter into the weight setting, CALORIES window 70 (kg), by pressing the speed plus or minus button to adjust the weight (setting range: (20 - 150 kg).
- ⑦: Press the mode key, the distance window displays: F5, enter into the testing body fat function, CALORIES window show "----" (body fat rate), then put your hands on the handle bar heart rate sensor chip for 8 seconds, the CALORIES window show the BMI. The BMI is only for reference.
- ⑧: By Asian standards; less than 18 for the underweight, from 18 to 23 for the ideal body weight, from 23 to 28 as overweight, and greater than 29 is obese.

(XI): Program speed table:

<div>TIME</div> <div>PRO</div>											
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
	INCLINE	0	3	3	3	4	4	4	1	1	0
P2	SPEED	3	3	4	4	5	5	5	6	6	4
	INCLINE	2	2	2	3	3	3	3	4	4	2
P3	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	3	5	4	4	3	4	4	3	4	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
	INCLINE	0	3	3	2	2	5	5	3	3	2
P5	SPEED	3	6	6	6	8	7	7	5	5	4
	INCLINE	3	5	3	4	2	3	4	2	3	2
P6	SPEED	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P7	SPEED	2	9	9	7	7	6	5	3	2	2
	INCLINE	0	3	3	3	4	4	4	1	1	0
P8	SPEED	2	4	4	4	5	6	8	8	6	2
	INCLINE	1	1	4	4	4	5	5	4	3	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
	INCLINE	1	5	6	8	12	9	10	9	5	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
	INCLINE	3	5	6	8	6	5	8	7	5	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3
	INCLINE	5	7	5	8	6	5	9	10	6	2

(XII): Troubleshooting

Problem	Possible cause	Corrective action
Treadmill does not work	a. No connect to power supply	Plug into socket
	b. Safety switch not insert	Insert safety switch in monitor
	c. Cut off the signal circuit system	Check control panel and signal cable
	d. Treadmill is not switch on	Switch on
	e .Burnt fuse	Change fuse
Belt does not run properly	a .Belt not adjusted	Adjust belt by silicon
	b. Belt too tight	Adjust belt
Belt is slipping	a. Belt is too loose	Adjust the belt
	b .Propulsion belt is too loose	Adjust the belt

**ERROR MESSAGE AND SOLUTION:**

Problem	Reason	How to settle the problem
Treadmill can not work	A: Did not connect the power supply	Connect the power supply
	B: Safety key did not put well	Well put the safety key on the correct position
	C: Transformer did not fix well or transformer defected.	Fix well the transformer or change the transformer
	D: Electro circuit interrupt	Check the connect wire and the terminal of the connect wire and connect well.
Treadmill stop suddenly	A: Safety key fall off	Put well the safety key.
	B: The electronic system problem	Ask for the after sale service
E01	A: Connect wire loose or defected	Well connect the wire or Change the wire
	B: Computer defected	Change the computer
	C: Transformer defected	Change the transformer
	D: Controller defected	Change the controller

E02	A: Motor connect wire or motor defected	Change the motor wire or change the motor
	B: The connect wire between the motor and controller is loose or controller defected	Well connect the wire or change the controller
E 03	A: Speed sensor not securely placed	Check Speed Sensor and place properly
	B: Speed sensor defected	Change the speed sensor
	C: The connect wire between the speed sensor and the controller did not connect well	Connect the wire securely
	D: Controller defected	Change the controller
E05	Controller defected	Change the controller
	Motor defected	Change the motor
-----	Computer can not test the safety key signal	Check the safety key, and ensure it is well placed.

## **TREADMILL MAINTENANCE**

Proper maintenance is very important to ensure a faultless and operational condition of the treadmill. Improper maintenance can cause damage to the treadmill or shorten the life of the product. All parts of the treadmill must be checked and tightened regularly. Worn out parts must be replaced immediately.

### **BELT ADJUSTMENT**

You may need to adjust the running belt during the first few weeks of use. All running belts are properly set at the factory. It may stretch or be off-center after use. Stretching is normal during the break-in period.

#### **ADJUSTING THE BELT TENSION:**

If the running belt feels as though it is —slipping or hesitating when you plant your foot during a run, the tension on the running belt may have to be increased.

#### **TO INCREASE THE RUNNING BELT TENSION:**

1. Place a 8mm wrench on the left belt tension bolt. Turn the wrench clockwise 1/4 turn to draw the rear roller and increase the belt tension.
2. Repeat STEP 1 for the right belt tension bolt. You must be sure to turn both bolts the same number of turns so the rear roller will stay square relative to the frame.
3. Repeat STEP 1 and STEP 2 until the slipping is eliminated.
4. Be careful not to tighten the running belt tension too much as you can create excessive pressure on the front and rear roller bearings. An excessively tightened running belt may damage the roller bearings that would result in bearing noise from the front and rear rollers.

**TO DECREASE THE TENSION ON THE RUNNING BELT, TURN BOTH BOLTS COUNTER - CLOCKWISE THE SAME NUMBER OF TURNS.**

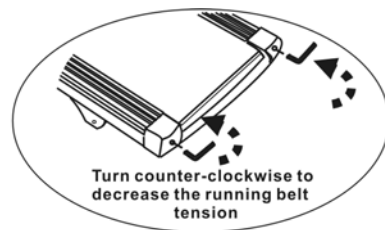
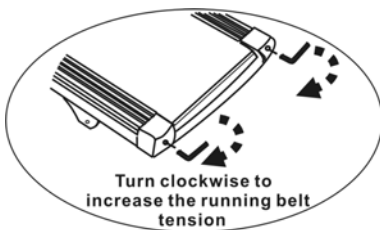
#### **CENTRING THE RUNNING BELT**

When you run, you may push off harder with one foot than the other. The severity of the deflection depends on the amount of force for that one foot exerting in relation to the other. This deflection can cause the belt to move off-centre. This deflection is normal and the running belt will centre when no body is on the running belt. If the running belt remains

consistently off-centre, you will need to centre the running belt manually. Start the treadmill without anyone on the running belt, press FAST-key until speed reaches 6kph.

1. Observe whether the running belt is toward the right or left side of the deck.
  - If toward the left side of the deck, using wrench, turn the left adjustment bolt clockwise 1/4 turn and the left adjustment bolt counter clockwise 1/4.
  - If toward the right side of the deck, turn the right adjustment bolt clockwise 1/4 turn and the left adjustment bolt counter clockwise 1/4.
  - If the belt is still not centre, repeat the above step until the running belt is on centre.
2. After the belt is centre, increase the speed to 16km/h and verify that it is running smoothly. Repeat the above steps if it is necessary.

If the above procedure is unsuccessful in resolving the off-centre, you may need to increase the belt tension.



## LUBRICATION

The treadmill is factory-lubricated. However, it is recommended to check the lubrication of the treadmill regularly, to ensure an optimal operation of the treadmill. It is usually not necessary to lubricate the treadmill in the first year or the first 500 hours of operation. After every 3 months of operation, lift the sides of the treadmill and feel the surface of the belt, as far as possible. If traces of silicon spray are found, lubrication is not necessary. In case of a dry surface refer to the following instructions.

Only use oil free silicon spray.

### Application of lubricant on the belt:

- Position the belt so that the seam is located in the middle of the plate.
- Insert the spray valve in the spray head of the lubricant container.
- Lift the belt at one side and hold the spray valve in a distance to the front end of

striding belt and plate. Start at the front end of the belt. Lead the spray valve in direction of the back end. Repeat this process on the other side of the belt. Spray each side for about 4 seconds.

- Wait 1 minute to let the silicon spray spread, before starting the machine.

## **CLEANING:**

Regular cleaning of the striding belt ensures a long product life.

- **WARNING:** The treadmill must be turned off to avoid electrical shocks. The power cord must be pulled out of the socket, before starting the cleaning or maintenance.
- **After each training:** Wipe the console and other surfaces with a clean soft and damp cloth to remove sweat residues.

**Caution:** Do not use any abrasives or solvents. To avoid damage to the computer, keep any liquids away. Do not expose the computer to direct sunlight.

- **Weekly:** To make the cleaning easier it is recommended to use a mat for the treadmill. Shoes can leave dirt on the striding belt that can fall beneath the treadmill. Clean the mat under the treadmill once a week.

## **STORAGE:**

Store your treadmill in a clean and dry environment. Ensure the master power switch is off and is un-plugged from the electrical wall outlet.

## **Important notes**

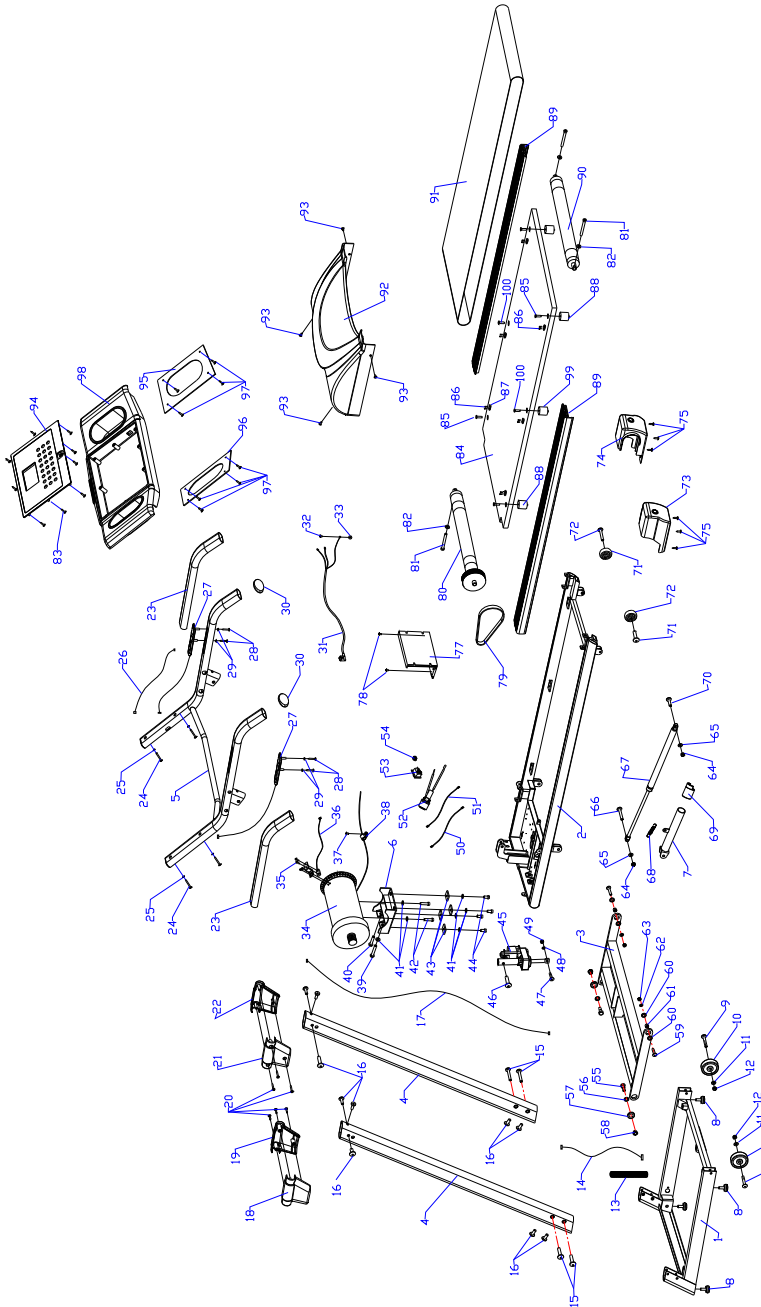
- The device corresponds to current safety standards. The device is only suitable for home use. Any other use is impermissible and possibly even dangerous. We cannot be held liable for damages that were caused by improper usage.
- Please consult your GP before starting your exercise session to clarify whether you are in suitable physical health for exercising with this device. The doctor's diagnosis should be the basis for the structure of your exercise program. Incorrect or excessive training could be harmful to your health.
- Carefully read through the following general fitness tips and the exercise instructions. If you have pain, shortness of breath, feel unwell or have other physical complaints, break off the exercise immediately. Consult a doctor immediately if you have

prolonged pain.

- This fitness device is not suitable for professional or medical use, nor may it be used for therapeutic purposes.
- The pulse sensor is not a medical device, it is meant for your information purposes only and is designed to give an average pulse rate. It is not intended to offer medical advice nor will it measure pulse accurately every time, due to differing environmental and human conditioning factors.



# ASSEMBLY PICTURE



## Part list

ART	NAME	QUANTITY
1	Base Frame	1
2	Main Frame	1
3	Frame Post	2
4	Upright Post	
5	Console Bracket	1
6	Motor Bracket	1
7	Flexible Tube (Outside)	1
8	Foot M8	4
9	Inner Hex Bolt M8*40	2
10	Wheel $\phi 62 \times \phi 8.0 \times t22$	2
11	Flat washer $\phi 8 \times \phi 16$	2
12	Inner Hex Bolt M8	2
13	Wire proctor	1
14	Wire (1)	1
15	Inner Hex Bolt M8*45	4
16	Inner Hex Bolt M8*15	10
17	Wire (2)	1
18	Handle bar cover (left)	1
19	Handle bar cover (right)	1
20	Hex Screw ST4*15	6
21	Handle bar cover (left)	1
22	Handle bar cover (right)	1
23	Foam	2
24	Hex Screw ST4*16	4
25	Mat	4
26	Wire (3)	1
27	Handle pulse	2
28	Hex Screw ST4*16	4

29	Flat washer $\phi 4.5 \times \phi 12 \times t1.0$	4
30	Round cover $25 \times 50 \times t1.5$	2
31	Power cord	1
32	Inner Hex Bolt M4*10	1
33	Mat	1
34	Motor	1
35	Hex Screw ST3*10	2
36	Speed sensor	1
37	Inner Hex Bolt M4*10	1
38	Knot 3/8 (UC-2)	1
39	Inner Hex Bolt M8*50	1
40	Inner Hex Bolt M8*40	1
41	Flat washer $\phi 8 \times \phi 16$	7
42	Inner Hex Bolt M8*30	2
43	Cushion $35 \times 30 \times t3.0 \times \phi 9$	4
44	Inner Hex Bolt M8*15	2
45	Incline motor	1
46	Inner Hex Bolt M10*45	1
47	Inner Hex Bolt M10*45	1
48	Flat washer	1
49	Inner Hex Bolt M10	1
50	Red wire	1
51	Black wire	1
52	Fuse	1
53	Switch	1
54	Knot	1
55	Inner Hex Bolt M12*35*19	2
56	Washer $\phi 14$	2
57	Cushion $\phi 26 \times \phi 20 \times t5.0$	2
58	Cushion $\phi 24 \times \phi 19 \times \phi 14 \times 14 \times 3$	2
59	Inner Hex Bolt M8*35	2
60	Knot $\phi 25 \times \phi 18 \times t3.0$	4
61	Cushion $\phi 17 \times \phi 10 \times 12$	2

62	Flat washer $\phi$ 10	2
63	Inner Hex Bolt M10	2
64	Inner Hex Bolt M 8	2
65	Flat washer $\phi$ 8	2
66	Inner Hex Bolt M8*40	1
67	Cylinder	1
68	Spring	1
69	Round Cover	1
70	Inner Hex Bolt M8*30	1
71	Inner Hex Bolt M8*30	1
72	Wheel $\phi$ 46x $\phi$ 8.0xt1.5	2
73	Rear cover (L)	1
74	Rear cover (R)	1
75	Hex Screw ST4*16	6
77	Controller	1
78	Hex Screw M4*10	2
79	Motor belt	1
80	Front roller	1
81	Inner Hex Bolt M8*75	3
82	Flat washer $\phi$ 8	3
83	Hex Screw ST4*15	9
84	Running board	1
85	HEX SCREW M6*25	4
86	HEX SCREW ST4*10	12
87	Guider	6
88	Cushion	4
89	Side rail	2
90	Rear roller	1
91	Running belt	1
92	Up motor cover	1
93	Hex Screw M5*10	4
94	Computer overlay	1
95	Computer back cover (L)	1

96	Computer back cover (R)	1
97	Hex Screw ST3*16	8
98	Computer cover	1
99	Round cushion M8	2
100	Hex Screw M8*25	2

### General fitness tips

Start your exercise program slowly, i.e. one exercise unit every 2 days. Increase your exercise session week by week. Begin with short periods per exercise and then increase these continually. Start slowly with the exercise sessions and don't set yourself impossible targets. In addition to these exercises, do other forms of exercise such as jogging, swimming, dancing and/or cycling.

Always warm up thoroughly before exercising. To do so, carry out at least five minutes of stretching or gymnastic exercises to avoid muscle strains and injuries.

Check your pulse regularly. If you do not have a pulse measuring instrument, ask your GP how you can measure your heart rate effectively. Determine your personal exercise frequency range to achieve optimal training success. Take into account both your age and your level of fitness. The table on page 16 will give you a reference point for determining the optimal exercise pulse.

Make sure you breathe regularly and calmly when exercising.

Take care to drink enough while exercising. This ensures that the liquid requirement of your body is satisfied. Consider that the recommended drinking amount of 2 - 3 litres per day is strongly increased through physical strain. The fluid you drink should be at room temperature.

When exercising on the device, always wear light and comfortable clothing as well as sports shoes. Do not wear any loose clothing that could tear or become caught in the device whilst exercising.

## Exercises for your personal work-out

How high or low should your heart rate be during exercises?

Your GP can give you more information on the current guidelines.

Age	Heart rate frequency range 50-75% (beats per minute) - ideal training pulse -	Maximum heart rate frequency 100%
20 years	100-150	200
25 years	98-146	195
30 years	95-142	190
35 years	93-138	185
40 years	90-135	180
45 years	88-131	175
50 years	85-127	170
55 years	83-123	165
60 years	80-120	160
65 years	78-116	155
70 years	75-113	150

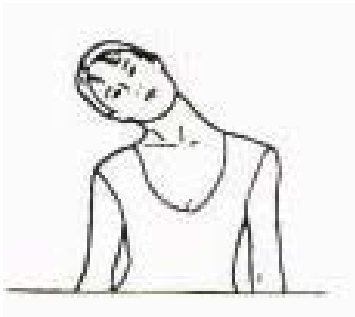
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## **Warm-up / stretching exercises**

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

### **NECK EXERCISES**

Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again. You can repeat this exercise alternately several times.



1

### **EXERCISES FOR THE SHOULDER AREA**

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.



2

## ARM STRETCHING EXERCISES

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.



3

## EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.



4



### **INSIDE UPPER THIGH**

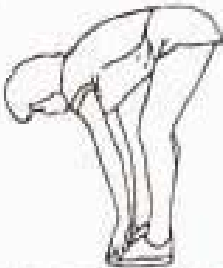
Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30 - 40 seconds if possible.



5

### **TOUCH TOES**

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20 - 30 seconds if possible.



6

### **EXERCISES FOR THE KNEES**

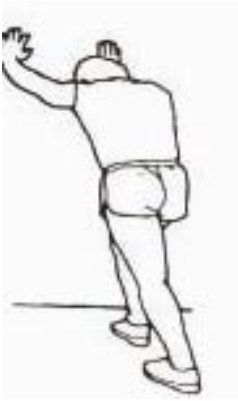
Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.



7

## EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30 - 40 seconds if possible.



8



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